

## How a No Weight Workout Can Help You Stay in Shape

I have always been an advocate of natural resistance training. I think the measure of anyone's fitness and strength should be placed against the barometer that is their own human body. When I was first getting into fitness, it was always a question of who could lift the most, or who could conquer some intrepid machine in a gym. I mean, I won't say totally that working out with weights is bad, but it is the case of using what you have. Natural resistance training shapes the body naturally, trains it to adapt and strengthen according to the weight that is on us. It gives us, after some time, what I would like to call 'fighting weight', a perfect balance, a perfect poise between lean muscle mass, balance, body shape and strength. It is the primal reason why a no weight workout can help you stay in shape.

Working with weights has many problems. Firstly most of us do not know our weaknesses and try to over-do things. Injury is one of the worst problems that weight training can give anyone. Joint pains, muscle tears, ligament damage and stiff body parts are just some of the problems that weight training can give you. This is especially through for beginners and some intermediates in the gym. Furthermore, who says that working out needs loads of equipment or even memberships to gyms? With a no weight workout, you can do your workouts anywhere and at any time, and you can have almost unlimited access to workouts. There is no segregation; both men and women are able to workout in the comforts of their own environments whenever they want.

The most important thing about working out is to be comfortable. And it is the sort of ecosystem that should be instilled within beginners. Inertia and disappointment, coupled with discomfort can cause many people on the road to a healthier lifestyle to just simply drop out and not care anymore. Always start with what you have and work from there. If you can't master a proper lunge at home using your own body weight, why start doing it with 40 kilos on each side of a bar? Your body weight and simple equipment like a pull up bar or even some resistance bands will go a long way into introducing strict form. I see a lot of gorillas grunting and heaving in a gym, swinging their arms in every known direction, but all they are doing is displaying poor form.

1 in every 3 people in a gym do not see the results they want. The rest get riddled with injuries and disappointment. This is because they started off on the wrong foot. The best advice you can take is this; start by researching the many ways you can workout using just body weight and simple resistance equipment. Enjoy the benefits of core exercises like dips, push ups and pull ups; among others and see how they pack on lean muscle. Learn good form and strict muscle discipline using your own body weight and eureka!, you will see how a no weight workout will lead you to be in much better shape now, and for the future.

### About the Author

[Click Here](#) Now to watch regularly updated videos of [Free Online Workouts!](#) Liam Murphy is a celebrated authority on Fitness Toning, providing muscle and fitness advice at <http://www.shapeyourbodynow.com>.

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